



Flat tires, mortgage payments, little league practice and checking in on your folks – you spend your day taking care of everyone else. **Who's taking care of you?**

With Quitline Iowa, you get the care you need to quit tobacco for good. We understand why you smoke. More importantly, we know how much you really want to quit – for yourself and the people you love.

Our trained Quit Coaches® will help you map out a personalized quit plan, along with tips and replacement strategies. They will also mail you a handy Quit Guide and you'll get online access to Web Coach® so you can track your progress and connect with other individuals trying to quit. Plus, you may be eligible to receive free nicotine replacement therapy which includes a choice of patch, gum or lozenge.

Without tobacco, you have a better chance of living a long, happy life with the people you love.

Enroll today.

1-800-QUIT-NOW (1-800-784-8669)

www.quitlineiowa.org



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